

ULTRA-HIGH FIBER SUPPLEMENT AND METHOD OF WEIGHT REDUCTION

ABSTRACT: An improved ultra-high fiber supplement that promotes satiety, caloric reduction, and weight loss. The supplement comprises guar, oat, psyllium, locust bean gum, pectin, green tea, multi-anthocyanadins, pyridoxine, and folic acid. It improves cardiovascular health and reduces cardiovascular inflammation and the risk of heart disease. The addition of antioxidants, including green tea, improves weight loss, and general and cardiovascular health. Also it reduces serum lipoprotein oxidation and risk of free-radical related diseases. Additional benefits include the lowering of plasma homocysteine by the addition of folic acid and pyridoxine. Consumption of the supplement aids in reducing absorption and assimilation of ingested toxins. A method of providing an ultra-high fiber comestible that is highly palatable and can be used to supplement nutrition and to manage and prevent diet-related diseases is disclosed. Further embodiments increase fiber and other nutrients in the diet and helps manage and prevent all diet-related diseases.

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